



## **Cauliflower** **Fact Sheet**



### **Where did it come from?**

Cauliflower is a cultivated descendant of the wild cabbage, which originated over 2,000 years ago in gardens of Asia Minor and the Mediterranean. Cauliflower, as its name implies, is a flower growing from a plant. During the 16th century, cauliflower was grown throughout Western Europe including Turkey and Italy. Cauliflower became popular in France during the 16<sup>th</sup> century and was cultivated in Northern Europe and the British Isles. Cauliflower has been an important vegetable in the United States since 1920.

### **Where does it grow?**

Almost all of the cauliflower grown in the United States comes from the Salinas Valley in California because of its ten-month growing season, moderate climate and rich soil. Other states where cauliflower is produced are Arizona, New York, Michigan, Oregon, Florida, Washington and Texas. Cauliflower is available all year long, but is most plentiful in the spring and fall.

### **How does it grow?**

Cauliflower plants are generally started by seeds, which are planted in a greenhouse. After about 35 days the plants are then transplanted into the field and continue to grow for another 80 to 110 days. Harvesting a field of cauliflower is a long process and can take up to 3 weeks! Cauliflower plants require rich fertile soil with good moisture and cool temperatures for proper growth. As the cauliflower plant grows a flower bud forms in the center of the plant. This bud grows into a compact head of undeveloped white buds. The heavy leaves surround the head like a tent and protect the flower buds from sunlight. When the flowers or florets are broken apart they look like snow-covered trees.

### **Is it healthy?**

- 👉 Provides high amount of vitamin C
- 👉 Good source of fiber and folate
- 👉 Contains no fat or cholesterol with low calories and sodium

### **How do you pick a good one?**

- 👉 Choose those that are clean and firm with white, compact heads
- 👉 Leaves should be green and crisp
- 👉 Avoid heads with brown spots, speckles, bruises, or loose open floret clusters

# ☺ FUN FACTS! ☺

## Cauliflower

### Did you know...

- ☺ Did you know only ½ cup of raw or cooked cauliflower equals one serving of your 5 a day?
- ☺ Did you know cauliflower is a cruciferous vegetable?  
(Cruciferous vegetables such as cabbage, broccoli, kohlrabi and brussel sprouts contain certain nutrients that contribute to the reduction of cancer.)
- ☺ Did you know cauliflower's closest relative is broccoli?
- ☺ Did you know a lack of exposure to sunlight does not allow chlorophyll, the color producing component of cauliflower, to develop and therefore the head remains white?
- ☺ Did you know cauliflower is a compact head of undeveloped white flower buds?
- ☺ Did you know that the compact head of the cauliflower is also called the "curd"?
- ☺ Did you know there are two types of cauliflower?  
(White cauliflower and Green cauliflower. The green is a hybrid of white cauliflower and broccoli and is called "broccoflower". The green variety is less dense than the white, cooks more quickly, and has a milder taste.)
- ☺ Did you know one serving of cauliflower provides 100% of your daily recommended vitamin C?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### RECIPES:

- ✓ Try a new recipe with cauliflower ---  
Chinese Style Vegetables (USDA I-9)  
Creamy Dip for Fresh Vegetables (USDA E-13)  
Herbed Broccoli and Cauliflower Polonaise (USDA I-18)
- ✓ Feature cauliflower with cheese sauce
- ✓ Add raw cauliflower to pasta salads
- ✓ Offer broccoli and cauliflower as a vegetable;  
add Chinese noodles for crunch
- ✓ Try Cheese-Cauliflower-Dijon Soup (recipe attached)
- ✓ Mix cauliflower into vegetable soups
- ✓ Offer raw cauliflower, carrots and broccoli with  
vegetable dip (USDA E-13)

#### **Presentation Meal Appeal -----**

Batch Cook Vegetables!  
Do Not Overcook.

### MARKETING:

- ✓ Hang up poster from your "Fruits & Vegetables Galore" Kit  
*Enjoy Fruits & Vegetables!*  
This poster is from the American Cancer Society.  
Contact them for additional posters and school nutrition resources.  
1-800-ACS-2345 [www.cancer.org](http://www.cancer.org)
- ✓ Ask a student group, the art teacher, health teacher... if students can  
decorate bulletin boards or walls, serving area in your cafeteria.  
Have them focus on wellness, a specific season or holiday. Let them  
develop their own ideas since it is their restaurant!
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Do Not Store Cauliflower  
Near High Ethylene  
Producing Produce such  
as Apples, Pears &  
Tomatoes, as These  
Will Turn Cauliflower  
Yellow!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Crazy for Cauliflower!*)
- ✓ Feature "White Day" on the day that you offer cauliflower on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing white
- ✓ Promote a "Snowflake Day or Winter Wonderland Day". Feature raw cauliflower with dip,  
"Snow Covered Trees & Dip", or cooked cauliflower with a white cheese sauce, "Snowballs".

#### **Safety:**

Change Gloves  
Frequently!



## **School Food Service Link.....**



## **School Food Service Recipes**



### **CHEESE – CAULIFLOWER - DIJON SOUP**      Yield: 2 ½ Gallons

Recipe From: Lasco

#### **Ingredients:**

1 Gallon	Boiling Water
*32 oz.	Dry Cheese Sauce Mix
*4 Tbs.	Chicken Stock Base
1 Gallon	Milk
½ Cup	Dry Minced Onion
2 tsp	Oregano, Crushed
¾ tsp.	Pepper
½ Cup + 2Tbs.	Dijon Mustard
3 ea. 2 lb. Pkgs.	Frozen Cauliflower

#### **Directions:**

- 1- Add chicken stock to boiling water and mix thoroughly.
- 2-Whisk dry cheese mix into boiling water. Turn down heat, and continue whisking until smooth.
- 3- Stir in milk and mix thoroughly.
- 4- Add dry minced onion, oregano and pepper. Heat through, stirring occasionally.
- 5- Stir in Dijon mustard. Mix well.
- 6- Add frozen cauliflower. Cook about 20 minutes, until cauliflower is cooked and soup is fully heated and reaches temperature of 165° F for 15 seconds.